

GROUP FITNESS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
9:00-10:00am	Boot Camp HIITRX	Functional Fitness	Total Body Fit	Core Focus	Boot Camp HIITRX	Circuit Cycle
11:00-11:45am	Silver Sneakers		Silver Sneakers		Silver Sneakers	
3:00-4:00pm		Aqua RX		Aqua RX		
6:30-7:30pm		Boot Camp Core Strength		Boot Camp Core Strength		

Class Registration is required. Please stop in or call ahead to register for your class. Limited space is available.



CENTER HOURS

Monday- Friday: 5am- 8pm
 Saturday: 7am- 1pm
 Sunday: 9am- 12pm

CHILD CARE HOURS

Monday, Wednesday, Friday:
 9am-11am
 *by appointment only

OPEN SWIM HOURS

Monday- Friday:
 12pm-3pm & 4pm- 6pm
 Saturday- Sunday: 12pm-4pm

2021
 MARCH



CONTACT A KINETICS TEAM MEMBER TODAY AT 330-674-4488

GROUP FITNESS DESCRIPTIONS

HIGH INTENSITY

BOOT CAMP HIITRX

WITH DANA

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT not only helps performance, it also improves the ability of the muscles to burn fat.

TOTAL BODY FIT

WITH LAURIN

A challenging combination of cardio intervals and muscle toning exercises. No two workouts are ever the same. Work the entire body and keeps the metabolism revved!

BOOT CAMP

CORE STRENGTH

WITH SHIANNE

This is an hour-long total body strength class with a focus on core strength and cardiovascular work. Modifications shown for all fitness levels.

MODERATE INTENSITY

FUNCTIONAL FITNESS

WITH LAURIN

An easy to follow yet challenging high/low impact workout for all ages and fitness levels. Challenge yourself with intervals of strength and cardio for a full body workout.

CIRCUIT CYCLE

WITH SHIANNE

This is an hour-long class that is half cycling and half strength. On and off the bike for cardiovascular work and strength building. Modifications shown for all fitness levels.

AQUA RX

WITH ROSE

A water workout that is easy to follow and easy on the joints!

LOW INTENSITY

CORE FOCUS

WITH LAURIN

A simple yet exhilarating class geared towards core stability and strength.

SILVER SNEAKERS

WITH CHERYL

A national fitness program for older adults. The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight, and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength, and improve balance.